



PENINSULA
HOT SPRINGS

spa dreaming centre





your journey to relaxation starts here

Immerse yourself in natural thermal mineral waters which flow from deep underground into our pools. Awaken your senses and nourish your soul in nature. When bathing in our Spa Dreaming Centre, you are welcome to also explore our Bath House bathing area.

geothermal bathing

The **Spa Dreaming Centre** is a blissful sanctuary with an emphasis on tranquil spaces, designed for guests 16 years and older. Experiences include thermal mineral pools, cold plunge pool, massaging bamboo showers, traditional sauna, Moroccan hammam, Zen Chi massagers, infrared sauna, hanging tree pods and poolside lounges.

The **Bath House** is a social bathing experience open to all ages and is perfect for groups, friends and extended families. Experiences include thermal mineral pools, reflexology walk, Turkish hamam, sauna, cold plunge pools, hydrojet pool, aquatherapy pool, foot and hand baths, family pool and baby baths. Our iconic Hilltop Pool is located in our Bath House, and showcases a stunning 360 degree view of the region.

private bathing

We offer two private bathing options for your enjoyment. Our indoor bathing pavilions are an idyllic indulgence for you alone, or to unwind with someone else. Our private outdoor pool is perfect for a solitary retreat, to reconnect with your partner or friend or to celebrate a special event with a group of up to five adults.

private bathing

\$75 per person

Relax in a private outdoor pool or indoor bathing pavilion. Select from the options below.

bathing pavilion with essential oils – choose between rejuvenate, reharmonise or detox oil blends from *L'ITYA*, made from natural Australian botanicals.

bathing pavilion with lavender milk – increases elasticity and replenishes the skin through natural exfoliation and moisturisation.

bathing pavilion with tulsi tea – relieves stress, assists to boost the metabolism, supports immunity and antioxidant rich.

outdoor thermal mineral pool – relaxes your body in natural surrounds with naturally occurring magnesium, sodium and potassium minerals.

bathe package

\$120 per person

Unwind with geothermal bathing in both our Spa Dreaming Centre and Bath House bathing areas then relax in a private bathing pavilion or private outdoor pool. Choose from the private bathing options above.

bathe before your treatment

Experiencing geothermal bathing prior to your treatment enables your muscles to relax and pores to open from the moment you immerse yourself in our healing waters. Your muscles will be more responsive to massage, feeling deeper therapeutic effects. Your skin can more easily absorb the natural oils and ingredients of our products during your spa treatments.

spa packages

Surrender your body to complete relaxation with one of our indulgent treatment packages designed to cleanse, refresh, restore and balance. Bathing in Spa Dreaming Centre and Bath House is included with all our spa packages. We recommend bathing prior to your treatment to enjoy a deeper experience.

midweek escape – unwind from your busy day and enjoy a midweek escape to reconnect with nature. After geothermal bathing, choose between a nourishing 45 minute <i>Synthesis Organics</i> facial or a 45 minute tailored back massage. Available Tuesdays to Thursdays outside of holiday periods. Allow 2 hours.	\$150
harmony – relax with geothermal bathing, enjoy a 60 minute massage of your choice and indulge with breakfast or lunch. Allow 3 hours.	\$245
natural balance – experience geothermal bathing, unwind in a private bathing pavilion for 45 minutes, and choose either a 60 minute <i>Synthesis Organics</i> bio-active facial or 60 minute massage of your choice. Allow 3 hours.	\$255
pure pleasure – relax with geothermal bathing, unwind in a private bathing pavilion for 45 minutes, indulge with breakfast or lunch, rejuvenate with a 60 minute <i>Synthesis Organics</i> bio-active facial and a 60 minute massage of your choice. Allow 5 hours.	\$440
botanical journey – flow through an aromatic journey to pure relaxation. Begin your experience with geothermal bathing, unwind with an organic mineral mud wrap, organic hair and scalp treatment, relaxation massage and <i>Synthesis Organics</i> bio-active facial – all embracing native Australian organic botanicals. Allow 4.5 hours.	\$495
bliss – restore balance to your body and enjoy a lasting sense of calm and wellbeing. Upon arrival, indulge in breakfast or lunch. Bathe in our geothermal waters and enjoy a 45 minute private bathing pavilion. Relax with the botanical journey treatment which includes an organic mineral mud wrap, organic hair and scalp treatment, relaxation massage and <i>Synthesis Organics</i> bio-active facial. Allow 6 hours.	\$593



body treatment and bathe

Choose from our range of treatments to rejuvenate and invigorate. Geothermal bathing is included to relax your body and soften your skin prior to your treatment.

60 minute body treatment and bathe

\$215

botanical sea salt exfoliation – Prepare your skin with geothermal bathing and then rejuvenate with a unique exfoliation blend of mineral rich Australian kelp, sea salt and essential oils from *Synthesis Organics*, enhanced with a relaxing native botanical facial.

organic mineral mud wrap – Begin with geothermal bathing and a botanical sea salt exfoliation then be cocooned in deeply cleansing Australian volcanic mud with soothing botanicals and gently warming ginger to boost circulation and oxygen flow. This treatment from *Synthesis Organics* finishes with a relaxing scalp massage, your skin will be left feeling soft and radiant.

moroccan cocoon – Experience geothermal bathing and then discover the ancient Moroccan secret to beautiful glowing skin. Harnessing precious Moroccan Argan oil, Rhassoul clay, Damask rose and fragrant spices, your sensory journey from *Mira's Hand* includes an enriching salt and sugar exfoliation, detoxifying wrap, anti-oxidant facial and relaxing scalp massage.

facial and bathe

Rejuvenate with a facial of your choice to brighten and refresh your skin. Geothermal bathing is included and we recommend bathing before your treatment to best prepare your skin.

60 minute facial and bathe

\$195

90 minute facial and bathe

\$240

***Synthesis Organics* bio-active** – personalised to your skin, this 60 minute super-nutrient organic facial combines native Australian essential oils, omegas and antioxidant rich plant extracts and botanicals.

PHYT'S organic – beginning with an expert skin analysis, this tailored and results-driven 60 minute facial restores the skin's natural balance with pure organic plant extracts and botanicals.

PHYT'S anti-aging – suitable for mature skin and skin showing signs of premature aging. Using a combination of precious oils and organic active nutrients, this 90 minute facial targets fine lines and environmental damage to plump, smooth and revitalise the skin.

massage and bathe

Relax with a massage of your choice and enjoy the calming effects of our natural waters. Geothermal bathing is included and we recommend bathing before your massage to feel the therapeutic results more deeply.

60 minute massage and bathe

\$195

90 minute massage and bathe

\$240

refresh

60 minutes

take time out with a nurturing aromatic back massage and facial from *Synthesis Organics*. The massage uses a blend of native Australian oils to enhance health and emotional wellbeing. The replenishing organic facial provides a clean radiant complexion.

peninsula vine

60 minutes

experience the essence of the Mornington Peninsula with a relaxing massage including a hydrating, antioxidant rich grape balm, made from locally grown Shiraz grapes.

kodo

60 or 90 minutes

a rhythmic massage inspired by traditional Australian Aboriginal techniques to tone and re-align energy flow. Beginning with an indigenous flora smoking ritual this aromatherapy massage from *L'ITYA* takes you on a journey to relaxation.

relaxation

60 or 90 minutes

a medium pressure massage using calming oils from *Synthesis Organics*, that can be tailored to your individual needs. A combination of relaxation techniques will encourage complete calmness of the mind and body.

rebalance

90 minutes

take your relaxation to the next level with *Synthesis Organics*. A 60 minute full body massage, provides the ultimate rebalancing experience followed by a replenishing 30 minute organic facial.

yinga

90 minutes

our unique signature massage is designed to encourage a sense of wellbeing. A combination of medium pressure relaxation techniques, focusing on the back of the body to leave you feeling deeply relaxed and rebalanced.

hot stones

90 minutes

let the stress melt away with this deeply soothing and balancing treatment. The heat from the stones radiates deep into the muscle, relaxing tension and improving circulation.

Dreamtime and bathe

90 minute stone massage and bathe

\$275

Dreamtime stone massage

90 minutes

take a sublime journey through this one of a kind Synthesis Organics full body massage featuring warm and cool Australian stones. Dreamt up in collaboration with a Kurradji, Indigenous Medicine man, it invites you to access a deep inner listening, quiet still awareness and an understanding of the beauty of nature in the way of Dadirri.

enhancements

Extend your experience with a 30 minute enhancement, available in combination with another treatment. Enhancements are \$75 each.

organic hair and scalp treatment – a relaxing head, neck and shoulder massage is enhanced with aromas of sandalwood and eucalyptus from the Australian bush to relax the mind and revitalise the senses, while nourishing avocado oil deeply conditions the hair and scalp.

foot revive – refresh tired feet with an uplifting peppermint, lemon myrtle and sea salt foot exfoliation, followed by a detoxifying mineral mud mask and relaxing massage of the lower legs and feet. This nourishing foot treatment helps to improve circulation and revive the senses.

back relief – using a combination of light to medium relaxation techniques, this soothing back, neck and shoulder massage is the perfect accompaniment to any face or body treatment.

terms and conditions

The Spa Dreaming Centre is reserved for guests 16 years and older.

If you have any medical conditions, please seek professional advice before bathing or spa treatments.

We employ both male and female therapists, so on the day you may be allocated either for your treatment.

Bookings are essential for spa treatments, packages and private bathing, particularly during weekends and holiday periods.

Full payment is required at time of booking. A refund on all bookings will be provided if more than 24 hours notice of cancellation is given. Peninsula Hot Springs reserves the right to change prices and services without notice.

A 10% surcharge applies on public holidays. Please see website for further terms and conditions.





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Open 8am to 9pm, 7 days a week

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